REGINA metro®

NEWS WORTH

Shot or mask: It's your choice

Province's health-care workers told to get vaccinated or cover their mouths on the job PAGE 2

Don't write about the bull, young man ...

Co-author of book on surviving Pamplona gored in Spain PAGE 6

NEVER SAY NETHER AGAIN

LIONEL MESSI AND CO. HEAD TO THE WORLD CUP FINAL AFTER DASHING THE DUTCH'S DREAMS IN SHOOTOUT PAGE 13

Western premiers call for nationwide free-trade zone

Removing barriers. Saskatchewan's Brad Wall among trio of provincial leaders who say it's time for a more modern approach to trade within Canada

The leaders of three western provinces want to overhaul an agreement on internal trade.

Saskatchewan Premier Brad Wall, Alberta Premier Dave Hancock and B.C. Premier Christy Clark have sent a letter to other premiers saying it's time for a more modern approach. The three premiers say removing trade barriers would reduce the costs of doing business and help provincial economies grow.

"The new agreement and free-trade deal with the European Union, for example, would provide for open procurement with Canadian provinces even though we're not providing each other with open procurement," Wall said Wednesday in Regina.

"Arguably, it's easier for a company in the United States to bid on government procurement in Canada than it is for some Canadian companies to bid in other jurisdictions in our own country. This doesn't make any sense."

The premiers say in the letter that the current Agreement on Internal Trade, which came into effect in 1995, allows "anti-free-trade behaviour which puts us on a slippery slope to protectionism."

Wall said the old agreement takes the approach that every sector of the economy is protected unless an exception is added in.

He said a new Canada free-trade zone would flip that around to say that everything is subject to free trade between the provinces unless exceptions are negotiated.

"It's just time in our country that we have the kind of free trade we expect with other countries. We should have that between provinces," he said.

"We know that freer trade is not perfect, but it's better than protectionism. It's better for the economy and we'd like to see that."

Wall, Hancock and Clark say in the letter that they want to see a commitment for change when all the premiers meet in Charlottetown in August.

Their push should get support from the federal government. THE CANADIAN PRESS

Premier Brad Wall speaks to media at the legislature on Wednesday about the request he and his counterparts in Alberta and British Columbia are making to other provinces to modernize the Agreement on Internal Trade (AIT). Wall says the AIT leaves room for protectionism and that trade barriers must be removed to help provincial economies diversify. The issue will be discussed by all premiers at a Council of the Federation meeting in Charlottetown in late August. SARAH TAGUIAM/METRO

NEWS 1

Health-care workers must choose between flu shots or masks

Next flu season.
Provincial policy comes after concern over transmission of illness

Health-care workers in Saskatchewan will face an ultimatum this upcoming flu season — get a flu shot or wear a surgical mask while caring for patients.

Dr. David Torr, chairman of the Medical Health Officers' Council of Saskatchewan, said patient safety is the top priority.

"We've been advocating for vaccine for over 30 years and what we're advocating now is immunize or mask," Torr said on Wednesday in Regina.

"Whichever way, what is important is to reduce the amount of illness and transmission of illness."

Torr said influenza is the probable leading cause of death in Canada from infectious disease.

According to the Public Health Agency of Canada website, there is an average of 12,200 hospitalizations for influenza every year. The flu is blamed for about 3,500 deaths annually.

Only about half of health-care staff and physicians in Saskatchewan get annual flu shots.

Saskatchewan will be the second province after British Columbia to introduce an immunize-or-mask policy.

The B.C. policy, which came into effect in 2012, states that health-care workers who don't get flu shots must wear a surgical mask while doing duties that bring them into contact with patients for the duration of flu season, which could run from late November until late March. The policy includes provisions for escalating disciplinary actions, up to and including dismissal, for employees who refuse to comply.

A B.C. health-care workers union filed a grievance against the policy, suggesting it would impinge on privacy because it would be interpreted as a visible declaration that employees had forgone flu shots.

However, an arbitrator appointed by the B.C. Labour Relations Board ruled last October that the policy is reasonable. THE CANADIAN PRESS

Dr. David Torr, chairman of the Medical Health Officers' Council of Saskatchewan, demonstrates for media how to properly wear a flu mask at the TC Douglas Building in Regina on Wednesday. All Saskatchewan health-care workers, including auxiliary staff, will be required to wear flu masks or become immunized for the fall influenza season. SARAH TAGUIAM/METRO

Labour board

Unions fight to represent potash workers at mine

A fight to represent workers at the Agrium Vault potash mine near Vanscoy will be taken to the Saskatchewan Labour Relations Board.

The International Brotherhood of Electrical Workers Local 529 is accusing Alliance Energy Industrial of unfair labour practices.

The IBEW is seeking to unseat the Christian Labour Association of Canada as the representation for about 700 electrical workers employed by Alliance Energy at the mine.

Paul Janetzki with the IBEW alleges that employees who have openly supported the IBEW's certification drive have been threatened with dismissal.

Dennis Perrin with CLAC says the labour board case is the IBEW's way of trying to circumvent the 45 per cent support they would need to trigger a vote on whether the Alliance employees switch unions. Part of the IBEW's case, which will go before the board on July 18, calls on the labour board to force a vote. THE CANADIAN PRESS/CJME

Cocaine and pot

Police arrest three on trafficking charges

City police arrested three Regina men on Tuesday night on cocaine and marijuana trafficking charges.

During the investigation, police seized cash, marijuana, 10 grams of cocaine and cellphones.

Abdimalik Dahir Mohamed is charged with possession of a controlled substance for the purpose of trafficking, possession of proceeds of crime under $5,000 and breach of recognizance. Alyan Elasar and Abdirisak Yusuf Ibrahim are charged with possession of a controlled substance for the purpose of trafficking. SARAH TAGUIAM/METRO

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The Early Cognitive Development Lab is looking for children between the ages of 0 to 10 for studies on how children learn.

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Quote: "SILO-July2014" in subject line. We thank all applicants for their interest, however only those who clearly outline the application requirements above will be contacted toward future screening.

No. 1 and No. 2. U.S., China take small steps toward fighting climate change

China and the United States took small steps toward their shared goal of fighting climate change on Wednesday, but the world's No. 1 and No. 2 carbon emitters remain significantly apart over a wider global plan to cut emissions.

China's chief climate official, Xie Zhenhua, said China should not be subject to the same rules for greenhouse gas emissions as the United States and other rich countries, signalling that Beijing will oppose any attempt to impose them at next year's world climate conference.

"We are in different development stages, we have different historical responsibilities and we have different capacities," Xie told reporters.

The U.S. special envoy, Todd Stern, said Washington favours every country deciding what it is capable of doing, instead of being categorized either as a developed country or a developing country in deciding how much a country should contribute to reduce climate change.

Asked how receptive the Chinese were to this idea, Stern said: "It's one of those conversations that just goes on and on, doesn't stop."

U.S. Secretary of State John Kerry speaks during a joint session on Climate Change issues with Chinese officials in Beijing Wednesday. ANDY WONG/THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

West Africa

Experts: Ebola outbreak not right for testing vaccines

The largest Ebola outbreak in history is defying the containment efforts of affected countries and international response teams, leading to calls from some quarters to use experimental drugs or vaccines to try to stop the deadly virus.

But a number of experts say deploying untested tools in the current West African outbreak could be disastrous.

THE CANADIAN PRESS

Testing?

N. Korea again firing missiles into sea: S. Korea

North Korea launched two short-range ballistic missiles Wednesday morning into the sea off its east coast, a South Korean defence official said, in a continuation of a recent series of missile and rocket test launches.

The missiles were fired from the southwest Hwanghae province and flew across the country before landing in the ocean, the official said.

THE ASSOCIATED PRESS

A road is submerged by an overflowing river following a typhoon in Yomitan, Okinawa, Wednesday. A powerful storm slammed through the southwestern Japanese island of Okinawa, leaving at least 28 people injured and 63,000 homes without power before swerving toward the bigger island of Kyushu on Wednesday. RYUKYU SHIMPO VIA KYODO NEWS/THE ASSOCIATED PRESS

Storm threatening Japan's major cities

Typhoon Neoguri downgraded. At least 32 injured and two dead; storm may hit Osaka, Kyoto and Tokyo

A strong storm swerved toward Japan's heavily populated main islands Wednesday after slamming through the southern islands of Okinawa, where it dumped heavy rain, knocked out power and injured at least 32 people. The storm also elevated rainfalls in other areas of the country, leaving two people dead.

Typhoon Neoguri was downgraded to a storm by late Wednesday after losing strength. But it toppled trees, flooded cars and bent railings in Okinawa, which experienced its heaviest rainfall in a half-century, according to the Okinawan government.

One of the biggest storms to hit during Japan's summer, Neoguri was forecast to hit Kyushu island Thursday. Then it could possibly hit the major cities of Osaka, Kyoto and Tokyo while travelling across the main island of Honshu.

Kyushu's Fukuoka prefecture issued warnings for strong winds, high tides and heavy rains, and advised people to stay indoors as much as possible. In central Japan, rainfalls were elevated by the storm and caused floods and landslides, killing two people. In Fukushima, an 83-year-old man fell into a swollen river and died, while a landslide knocked out a house in Nagano, leaving a family of four underneath debris.

The torrents of rainfall expected could trigger more landslides and floods. Much of eastern Japan was at risk of lightning and tornadoes.

THE ASSOCIATED PRESS

Without electricity

105K

On Okinawa, nearly 6,000 homes were still without power late Wednesday. At the storm's peak Tuesday, more than 105,000 homes were without electricity.

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Anti-prostitution bill flawed, expert says

Human rights issues. Adviser on Swedish anti-prostitution law, which Tories hope to emulate, says new bill may be unconstitutional

One of the architects of Sweden's anti-prostitution strategy — a model the Conservatives are trying to emulate — says the proposed new law is likely unconstitutional.

A provision of the Tory bill that still criminalizes prostitutes in some circumstances is also a violation of Canada's Charter of Rights and Freedoms, as well as international human rights obligations, lawyer Gunilla Ekberg said Wednesday.

Critical

"It targets those who are victims of, first of all, a human rights violation, but also a crime."
Gunilla Ekberg

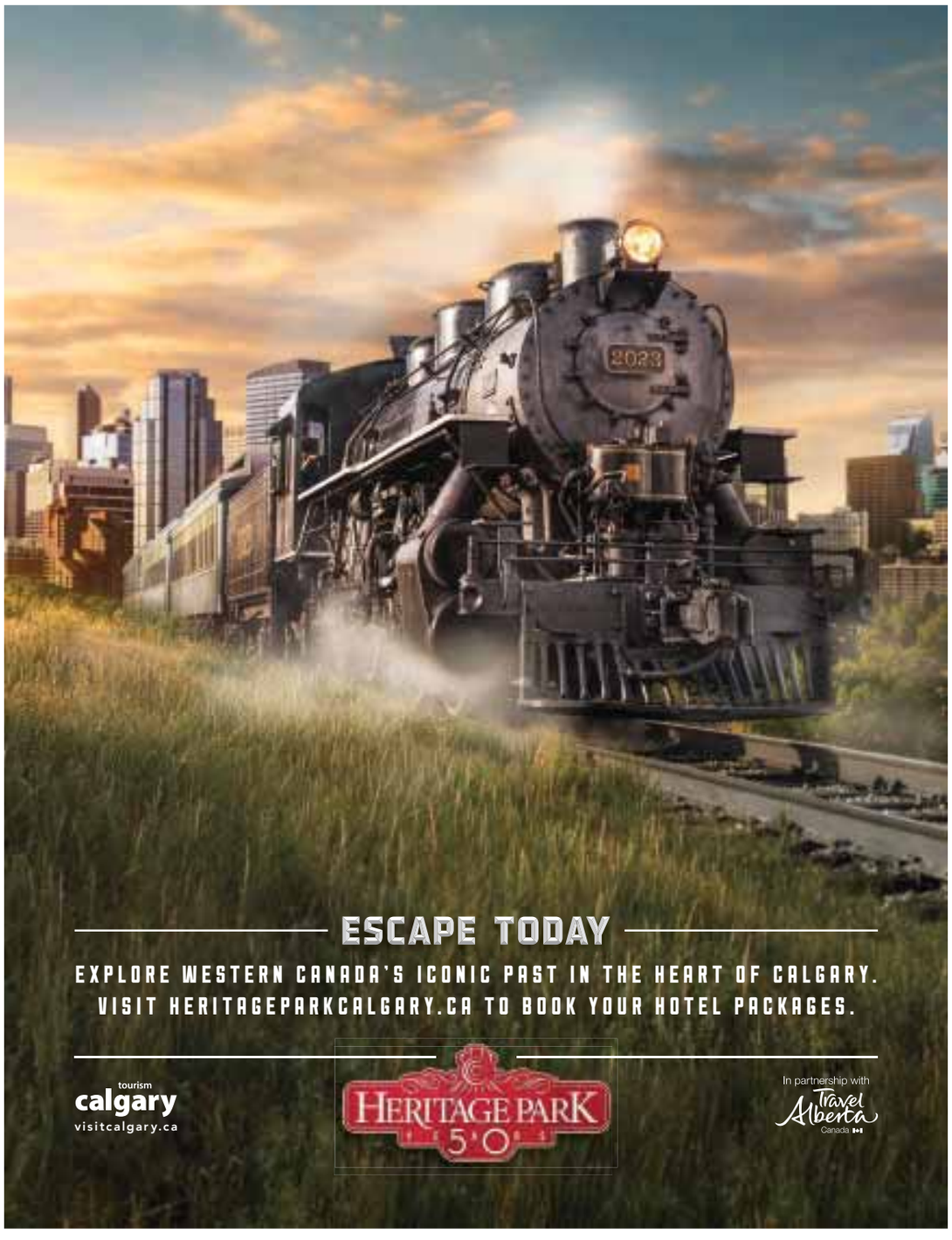
Ekberg is a Canadian citizen who was an adviser for the Swedish government in the 1990s when it crafted a law that makes it illegal to be a pimp or a john, but not a prostitute.

The Harper government has tabled a similar bill in response to last year's decision by the Supreme Court of Canada.

Ekberg and numerous other witnesses at this week's parliamentary hearings on the bill are urging the government to amend that provision.

THE CANADIAN PRESS

A sex trade worker is shown in downtown Vancouver. An expert says the federal Tories' draft law is likely unconstitutional. JONATHAN HAYWARD/THE CANADIAN PRESS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Overdose. Alleged sex worker in court after Google exec dies on yacht

An alleged high-end prostitute accused of injecting heroin into a Google executive on his yacht in Santa Cruz and leaving him to die when he overdosed appeared in court on Wednesday on manslaughter and heroin charges.

Alix Tichelman, 26, in handcuffs and a red jumpsuit, did not enter a plea and was appointed a public defender. She is being held on $1.5-million bail.

Surveillance footage from the yacht shows Tichelman gather her belongings, including the heroin and needles, step over the 51-year-old victim's body to finish a glass of wine and then lower a blind before leaving the boat, Santa Cruz police said.

Police said Tichelman did not provide first aid or call emergency authorities as the man, identified as Forrest Timothy Hayes, suffered medical complications and went unconscious during the November overdose aboard his 50-foot yacht, Escape. His body was discovered the next morning by the boat's captain, police said.

Police are also investigating Tichelman in connection with a similar incident in another state, Santa Cruz Deputy Police Chief Steve Clark said. THE ASSOCIATED PRESS

Alix Tichelman
SANTA CRUZ POLICE/THE ASSOCIATED PRESS

Winnipeg

Where the wheels on the bus don't go round

If you are in Winnipeg you better keep your singing to the shower.

The city has passed a bylaw that calls for a $100 fine if you sing on a Winnipeg transit bus.

Scofflaws will also face court costs if caught belting out a tune.

The bylaw calls for a similar fine for playing a musical instrument or offering some kind of other live musical performance.

The rules also prohibit riding a unicycle on a bus or transit property.

METRO

Egging

Bieber gets two years' probation

Justin Bieber has pleaded no contest to a misdemeanour vandalism charge for throwing eggs at a home in his Calabasas neighbourhood, and he's been sentenced to two years' probation.

Bieber was also ordered to pay $80,900 in damages, complete five days of community labour and a 12-week anger-management program, and stay away from the victim and his family for two years.

The Grammy-nominated singer was not present for the Wednesday arraignment at Superior Court in Van Nuys, Los Angeles.

THE ASSOCIATED PRESS

A Palestinian boy plays Wednesday in the rubble of a house destroyed a day earlier in an Israeli strike in the town of Beit Hanoun, northern Gaza Strip.
KHALIL HAMRA/THE ASSOCIATED PRESS

Israel hits 200 Hamas targets

Gaza Strip. Israeli leaders warn ground invasion could be imminent

Israel stepped up its offensive on the Hamas-run Gaza Strip on Wednesday, pummeling scores of targets and killing at least 22 people.

The military said it struck about 200 Hamas targets on the second day of its offensive. Militants, however, continued to fire rocket salvos deep into Israeli territory, and Israel mobilized thousands of forces along the Gaza border ahead of a possible ground operation.

The fighting stepped up as Egypt, which often serves as a mediator between Israel and the Palestinians, said it was in contact with both sides to end the violence. It was the first indication since the offensive was launched on Tuesday that ceasefire efforts might be under way.

Israeli leaders signalled a weeks-long ground invasion could be quickly approaching

"Despite the fact it will be hard, complicated and costly, we will have to take over Gaza temporarily, for a few weeks, to cut off the strengthening of this terror army," Yuval Steinitz, Israel's intelligence minister, told Israel Radio. "If you ask my humble opinion, a significant operation like this is approaching."

Since the offensive began Tuesday, Israel has attacked at least 560 sites in Gaza, the military said. Militants have fired more than 160 rockets at Israel.

THE ASSOCIATED PRESS

Rocket strikes

The increasing range of the rockets from Gaza has disrupted life across a wide swath of southern and central Israel, where people have been forced to remain close to home and kindergartens and summer camps have been forced to close.

- Besides firing toward Israel's two largest population centres in Tel Aviv and Jerusalem, Hamas also fired one rocket that reached the northern Israeli city of Hadera for the first time, effectively putting the entire country under rocket range from the north and south. The city was struck in 2006 by missiles from Hezbollah guerrillas in Lebanon.

Iraq sectarian killings?

50 bodies dumped south of Baghdad

Iraqi officials discovered 50 bodies, many of them blindfolded and with their hands bound, in an agricultural area outside a city south of Baghdad on Wednesday, raising concerns over a possible sectarian killing amid the battle against a Sunni insurgency.

The bodies, all of them with gunshot wounds, were found in the predominantly Shiite village of Khamissiya outside the city of Hillah, located some 95 kilometres south of Baghdad.

The dead were all men between the ages of 25 and 40, and it appeared they had been killed a few days earlier and then dumped in the remote area. Most had bullet wounds in either the head or the chest.

THE ASSOCIATED PRESS

Syrian conflict

Rebels kill 14 in village: Reports

Syrian rebels rampaged through a Sunni village in the province of Hama Wednesday, firing indiscriminately at civilians and killing 14 people, including seven women, state media and opposition activists said.

State news agency SANA said an "armed terrorist group" was behind the dawn attack on the village of Khatab, located 10 kilometres northwest of the provincial capital.

Britain-based Syrian Observatory for Human Rights — which documents the violence in Syria through a network of activists on the ground — said the rebels accused the village's Sunni Muslim inhabitants of "cooperating with the criminal regime"in Damascus.

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Bull gores co-author of book on surviving Pamplona

San Fermin fiesta. The 32-year-old author from Chicago is a longtime participant in the annual street party

An American who co-authored the book Fiesta: How to Survive the Bulls of Pamplona, became a victim of a bull Wednesday when he was one of two men gored at the annual Spanish San Fermin festival.

Bill Hillmann, a 32-year-old from Chicago and a longtime participant in the nine-day Pamplona street party, was gored twice in the right thigh during one of the daily bull runs, organizers said on their website.

The injury was serious but not life-threatening, the Navarra regional government said in a statement.

A 35-year-old Spaniard man from Valencia was also in serious condition after being gored in the chest during the same run on the festival's third day, the statement said.

San Fermin is one of Spain's most famous fiestas and attracts thousands of foreign tourists every year.

Three other Spaniards who fell during the run were being treated in Pamplona hospitals. THE ASSOCIATED PRESS

Pamplona

The six fighting bulls run along a 850-metre course from a holding pen to Pamplona's bull ring in a tense and dramatic few minutes immortalized in Ernest Hemingway's 1926 novel The Sun Also Rises.

Bill Hillmann is carried on a stretcher after being gored in his right leg by a Victoriano del Rio bull. M.J. ARRANZ/THE ASSOCIATED PRESS

Four dead after thunderstorms rock northeast U.S.

A downed tree lays atop a crushed car Wednesday in Philadelphia. Storms caused huge amounts of damage in parts of the northeast United States after severe thunderstorms rolled through several states. Four people were killed and four homes were destroyed in New York. Scan the photo with your Metro News App to see more photos of the storm's aftermath. MATT ROURKE/THE ASSOCIATED PRESS

Michigan. Soccer player faces murder charge in death of referee

A Detroit-area soccer player accused of killing a referee with a punch to his neck was charged Wednesday with second-degree murder.

The charge against Baseel Abdul-Amir Saad was announced eight days after John Bieniewicz died from his injuries.

Bieniewicz, 44, of Westland, was working as a referee at a men's soccer game in Livonia on June 29 when Saad, faced with ejection, struck him with a punch, Wayne County prosecutor Kym Worthy said.

"This is especially tragic because it happened as the World Cup dominates our television screens," Worthy said. "The alleged actions of this defendant cannot be tolerated and there must be action taken in our legislature to make sure that there are stronger penalties when a referee is the victim during organized sport."

Saad, 36, of Dearborn had been charged with assault with intent to do great bodily harm before Bieniewicz died July 1. That charge will be dropped.

A message seeking comment was left for Saad's attorney, Brian Berry.

Saad has been free on bond. He will appear again in a Livonia court Thursday on the second-degree murder charge. THE ASSOCIATED PRESS

Average BMI. Canadians living near many fast-food outlets weigh more: Study

A new study suggests neighbourhoods with a high number of fast-food restaurants are no place for the weight conscious.

The study, conducted by scientists at the University of Western Ontario, reveals that the average body mass index of Canadians living in areas with a high density of fast-food outlets is higher than the average BMI of people who live in neighbourhoods with more full-service restaurants.

Some earlier studies done in the United States have revealed similar findings, but the authors say this paper is the first to show the possible link in the Canadian context.

The study mapped areas across the country, comparing the average BMI of people in particular locations to the density and type of restaurants in those neighbourhoods.

A study of this type cannot prove cause and effect, so the researchers cannot say that living around fast-food restaurants is contributing to the higher weights of people in those areas.

While the study found proximity to more fast-food outlets was associated with higher weights, it found that people who live in neighbourhoods with more full-service restaurants generally weighed less. THE CANADIAN PRESS

New Mexico

Man cleaning dog doo-doo from his car mistaken for thief

A well-known American Indian artist says police in New Mexico pulled a rifle on him after his dog pooped in his SUV and a woman mistook his cleanup efforts for a burglary.

Painter Mateo Romero said that a Santa Fe officer pointed a weapon at him during the misunderstanding Monday. According to a police report, the officer detained Romero after a woman reported a burglary in progress at her home.

Romero says he parked in her driveway after his dog relieved himself inside his SUV, and he sought to clean it up. THE ASSOCIATED PRESS

Cook County

Visitor trapped in jail for 30 hours

A visitor to Chicago's Cook County Jail was trapped inside for about 30 hours over the July Fourth weekend.

WBBM-AM reports a man was in the jail's maximum-security division visiting his son when he went into a room that wasn't being used. The room's door was propped open by contractors installing cameras.

Jail executive director Cara Smith says the door closed, locking the visitor inside from about 6 p.m. Saturday until 1 a.m. Monday.

The man drew attention to his plight by breaking a fire sprinkler head to summon the fire department. THE ASSOCIATED PRESS

Wyoming

Passengers on diverted plane treated to pizzas

Faced with potentially hungry — and grumpy — passengers, a Frontier Airlines pilot treated them to pizza when storms diverted a Denver-bound flight to Cheyenne, Wyo., where the plane was stuck for a couple of hours.

Cheyenne Domino's Pizza manager Andrew Ritchie said that he got a call about 10 p.m. Monday just as he was about to send employees home. Ritchie said pilot Gerhard Bradner told him he needed to feed 160 people.

In all, Ritchie said his crew made about 35 pizzas and delivered them to the airport. THE ASSOCIATED PRESS

NBA's No. 1 draft pick doesn't pick No. 1 sports brand

Andrew Wiggins. Canadian basketball phenom opts for underdog Adidas over powerhouse Nike

Andrew Wiggins will wear Adidas with the Cleveland Cavaliers.

The No. 1 overall pick in the draft, Wiggins wore the apparel company's gear while starring last season for Kansas. He chose to stick with Adidas rather than sign with a rival such as Nike in what's being called "an unprecedented partnership."

The deal announced Wednesday is believed to be worth more than $2 million per year.

Twitter

"Been waiting for this day. Happy to be joining the @adidashoops fam!"

Andrew Wiggins, the No. 1 overall pick in the 2014 NBA draft, in a tweet about his new shoe deal

"Joining the Adidas family is a blessing and an honour and I am extremely excited for what lies ahead," Wiggins, from Vaughan, Ont., said in a statement.

Adidas owns a fraction of the marketplace at about three per cent, according to retail tracking firm SportsOnceSource, while Nike dominates at close to 95 per cent with help from its Jordan brand. But the move to sign Wiggins signals a bold move by the German company to build its basketball business around young, up-and-coming stars. Its NBA roster includes John Wall and Damian Lillard, for example, both first-time all-stars this past season.

The move also represents a level of comfort for Wiggins, who tweeted out a photo of himself Wednesday wearing an Adidas shirt and a KU cap. The Jayhawks have worn gear from Adidas since 2005, which means Wiggins wore their shoes and apparel during his only season in college.

"Been waiting for this day," Wiggins said in his tweet. "Happy to be joining the @adidashoops fam!"

THE ASSOCIATED PRESS

Apparently, Sega is still around, and so is Ripley

This video game image provided by Sega shows the character Ellen Ripley, voiced by Sigourney Weaver, in a scene from Alien: Isolation. Weaver, who portrayed unflappable officer Ellen Ripley in the Alien film franchise, is reprising her role for the upcoming video game, set after the events of the original 1979 film. She says she picked up right where she left off in filmmaker Ridley Scott's masterful first instalment. SEGA/THE ASSOCIATED PRESS

Broke records

Brazil's epic defeat a GOAAAAAL! for social media

Germany's stunning 7-1 World Cup semifinal win over Brazil triggered record-breaking activity on social media. TORSTAR NEWS SERVICE

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IT'S IN REVELATIONS, PEOPLE!

HE SAYS

John Mazerolle
metronews.ca

I don't want to alarm anybody, but the latest sign of the apocalypse is upon us: I made dinner, all by myself.

The ancient texts are clear about the unusual sights that will greet the final days of mankind: Rivers will run with blood, the sky will turn black, and John Mazerolle will make a nice beef stroganoff, served with red wine and a store-bought apple tart.

Behold! Tremble!

Preparing a meal might not seem like a cosmic event to you, but for a culi-nary like myself it was at the very least a moment of historical significance — up there with the fall of the Berlin Wall or that time Picard joined the Enterprise senior staff for their poker game.

For the first time in my life I made an honest-to-goodness meal.

Like, with ingredients and measuring cups and everything. No misspelled food like X-Treem Kreem Cheez. No microwave. Not even a single package of powder to sully the fingertips.

What drove me to such a strange place? Well, I'd like to have children some day. And as much as I'd like to buy 10,000 boxes of Pizza Pops and say, "See you when you're 18!" I figure I should learn to make meals so that my kids can tell me how they'd rather starve than eat the disgusting garbage I make.

You know, like a normal family.

Cooking is such an unusual activity for me that when I called my dad to ask what makes a good corn-oil substitute I could hear his confused blinking over the phone. When the realization of what I was planning to do dawned on him, he panicked.

As far as he was concerned, I'd just said, "Hey Dad! Found a landmine at the beach and was planning to rip her open. Should I use a chisel or go right at 'er with the hammer?"

He wanted to know if my girlfriend would be around to help (i.e. put out fires), or if maybe I'd prefer to make Hamburger Helper, or have an apple.

If it had been a movie, he'd have appeared from the future covered in beef stock telling me not to make the dish, lest humanity be destroyed. It was all very encouraging.

But I forged on, and **learned a few important culinary tips** along the way. For instance:

* **Onions** come in at least two colours (yellow and white).
* There is **prepared mustard**, though I'm not sure what it knows that the other mustard doesn't.
* **Hot oil** applied liberally to your thumb will burn your thumb. Who knew?

And imagine my surprise when I learned that cooking in the kitchen was pretty fun. I was actually chuckling with glee over my creation, not unlike Dr. Frankenstein if he had made dinner.

So if there are any laggards like me in the reading audience, I say put your fears or embarrassment aside and make some beef stroganoff. Or even some other meals, presuming they exist.

If you don't do it for yourself, then do it because this could be your last meal. The End Times are upon us.

SHOPPING FOR AIR QUALITY

A cyclist passes buses and taxis in Oxford Street on Wednesday in London, England. Researchers have found that concentrations of nitrogen dioxide on Oxford Street are the worst on Earth. PETER MACDIARMID/GETTY IMAGES

Oxford Street air dirtiest on Earth, scientists say

London, England's Mayor Boris Johnson is under pressure to take drastic action on air pollution, after scientists discovered that Oxford Street is now the most polluted street in the entire world.

The mayor has previously dismissed air pollution levels in London as "perfectly fine."

However, monitoring stations on London's Oxford Street have discovered levels of nitrogen dioxide (NO_2) at up to 10 times the legal limit.

Scientists at King's College London said levels of the gas, caused by diesel vehicles, were now even higher than those found in Beijing. The toxic gas causes breathing difficulties and has been linked to increases in premature deaths and hospital admissions. POLITICS.CO.UK

Quoted

"To my knowledge this is the highest in the world in terms of both hourly and annual mean." David Carslaw, researcher

Why so high?

The problem with Oxford is the sheer number of diesel buses travelling (or, more likely, standing still with engines going) and that the street's a "canyon" — tall buildings set fairly near the road so fumes can't dissipate easily.

- Modern diesel engines emit more NO_2 than petrol, and London has been switching to diesel to lower CO_2 emissions.

LONDONIST.COM

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metro AR

In this issue, you can find AR enhancements on page 6 in News and page 13 in Sports

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metro AR

MetroTube

The penultimate book-sorting machine

ANDREW FIFIELD
andrew.fifield@metronews.ca

It's becoming more and more difficult to resist a link that promises rare looks captured by a Phantom drone. Like this clip, shot inside the New York Public Library's massive Queens book-sorting machine that serves as a hub for requested transfers between the NYPL's many branches.

BUT! You can see we're in the nascent days of DIY drone documentary-making. The flight is a little wobbly, and the pilot seems more interested in dizzying POV adventure than capturing what's happening. But as mentioned, these videos and the glimpses they provide are getting tough to resist. (Nate Bolt/Vimeo)

MARLENA SLOSS/THE JUNEAU EMPIRE/THE ASSOCIATED PRESS

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Strumbellas frontman talks Junos, heartbreak and cabbage rolls

We Still Move On Dance Floors. Band heads west to promote latest album of sad songs with silver linings

BACKSTAGE PASS
Jacob Morgan
saskatoon@metronews.ca

Toronto six-piece The Strumbellas perform in Regina at O'Hanlon's Pub on July 15. COURTESY HEATHER POLLOCK

If anyone in Regina knows where to get a good cabbage roll dinner, Simon Ward wants to know.

The frontman of alt-country group The Strumbellas says the most satisfying meal he ever had on the road was near the Cultural Exchange during the 2013 Juno Fest.

"My best food story of all the touring I've done is a restaurant in Regina," says Ward. "It was a cabbage roll dinner … and the worst part is I can't even remember the restaurant."

But he has other reasons to look forward to returning to this part of the country in support of The Strumbellas' latest release, We Still Move On Dance Floors.

After forming in Toronto in 2008, he says The Strumbellas gigged around the city for a few years and built up a dedicated fan base before heading west, where their reputation spread more quickly.

"For some reason, out west they were just kind of very receptive at the start," says Ward.

"We've been out four or five times now and it seems to be getting a bit bigger every time."

One possible explanation is the band received national recognition when its 2012 debut, My Father and the Hunter, was nominated for a Juno in the roots and traditional album category.

We Still Move On Dance Floors took home that award this past March, and it's also on the long list for the Polaris Music Prize.

The question is how do you top such a banner couple of years?

"The No. 1 thing I strive for in terms of ambition is just growing the audience and people telling me the music is doing something good in their lives," says Ward.

A melancholy brain

"When somebody tells me I broke their heart, that makes me feel really good."

Strumbellas frontman Simon Ward on the effects of his music

"When somebody tells me I broke their heart, that makes me feel really good."

In The Strumbellas' most recent music video for the track Sailing, all six members appear on a frozen lake around Sudbury, Ont., while a heavily bearded Ward sings over an expansive hook: "We can walk just to burn all the books in the fire/We can dance to the stars in the sky in the darkness of nights."

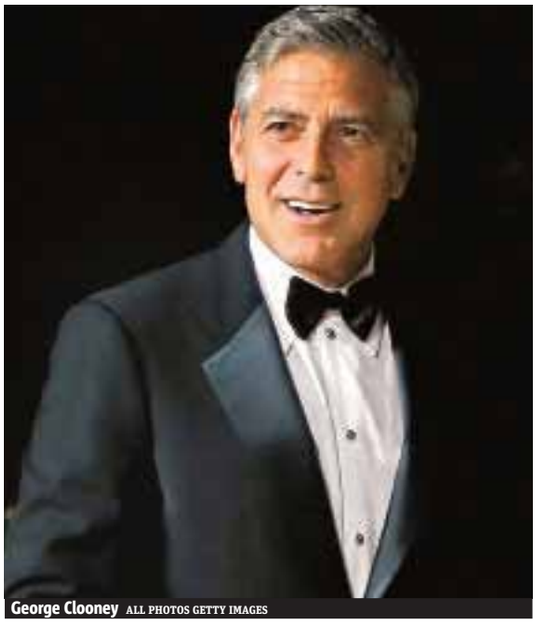
"I kind of have a melancholy brain," he says.

Although he hopes to move away from folk and into a more pop direction on the next record, he still has a lot of personal experience to draw from to keep finding those silver linings in sad songs.

The band's first full-length album was written in memory of Ward's late dad. Now, he leaves behind two young kids of his own each time he goes on tour.

"It's without a doubt the hardest thing I've ever had to do in my entire life," says Ward.

So, in other words, he could really use that cabbage roll dinner.



George Clooney ALL PHOTOS GETTY IMAGES

Clooney slams 'dangerous' claims that fiancée's mother opposes marriage

Britain's Daily Mail newspaper apologized to George Clooney on Wednesday for alleging his fiancée's mother opposed the marriage on religious grounds — a story Clooney called both wrong and irresponsible.

Clooney is engaged to Beirut-born London lawyer Amal Alamuddin, whose father Ramzi belongs to a prominent Druse family. The Druse are adherents of a monotheistic religion based mainly in Lebanon, Syria and Israel.

Citing unnamed family "friends," the newspaper's MailOnline website reported this week that her mother, Baria Alamuddin, wanted her 36-year-old daughter to marry a Druse man. It said Amal Alamuddin risked being "cast out of the community" if she wed Clooney, and claimed several women had been murdered for not abiding by Druse rules.

Clooney called the story "completely fabricated."

In a statement issued to USA Today, Clooney said that "to exploit religious differences where none exist is at the very least negligent and more appropriately dangerous."

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Would you let Courtney teach your preschoolers?

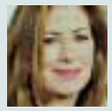
NED EHRBAR
Metro in Hollywood

You know what your television needs more of? Courtney Love. The singer and loveable crazy-pants will be guest-starring on the next season of Sons of Anarchy, according to TVLine, playing a … preschool teacher.

I mean, sure. It's not like Love is a novice actor or anything, since she's done all right for herself in movies like The People vs. Larry Flynt, Man on the Moon and Sid and Nancy. Oh, and 200 Cigarettes, if anyone remembers that flick. But … a preschool teacher? All right, if you insist, Sons of Anarchy.

The seventh and final season of the show will also feature Marilyn Manson, so clearly they're working on a theme here.

Twitter



@DanaDelany
I have learned that mentioning abortion, gun control, climate change will lose you followers. And I'm forgetting the fourth....

@lenadunham
Ladies, some of you seem confused about how to keep a secret and I have a tip: just don't tell anyone.

@rickygervais
This won't be the first time that thousands of Germans will have to lie low in Brazil for a while for their own safety.

Eva Mendes and Ryan Gosling

A baby Gosling? Blogosphere abuzz with pregnancy rumours

Hollywood's hottest couple may be expecting. OK! magazine reports that Eva Mendes is seven months pregnant with Ryan Gosling's baby, according to a source close to Mendes. "She's been ready for motherhood for a while now and to be sharing this experience with Ryan is a dream come true for her," the insider tells the magazine.

Ironically, Gosling and Mendes met on the set of The Place Beyond The Pines, in which they played parents. They've been dating off and on for over three years. Neither has commented on the pregnancy, even though the blogosphere is starting to buzz with the news. METRO

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www.rielcoproductions.com

Zac and Michelle? Yeah, that's old news...

While the general public might have been a bit caught off guard by photos of Zac Efron and Michelle Rodriguez packing on the PDA in Sardinia this week, apparently intimate activities are nothing new for the pair, who've known each other for about two years and have a history of hooking up with each other, according to E! News.

"Michelle is super-cool and laid-back and Zac has always been attracted to her because of that," a source says.

"She's one of those people that everyone likes. She just gets on with all kinds of people and doesn't take the fame thing too seriously." METRO

Dunst espouses traditional gender roles ... but she's a feminist, people!

Kirsten Dunst

Kirsten Dunst can't believe anyone would think she's not a feminist just because she spent some of her recent Harper's Bazaar interview espousing the importance of traditional gender roles. Can't a girl just say things like "You need a man to be a man and a woman to be a woman, that's why relationships work" without getting yelled at by the Internet?

In the latest issue of Flaunt, she strikes back at the uproar. "I was talking about my mother — obviously I'm a feminist," she clarifies. "It's ridiculous that anyone would think other of me." You hear that, folks? Ridiculous. METRO

Picture this: 30 degrees outside, a stressful day at work, an errand to run across town before your friends want to meet at the bar. You're already hot and sticky. The last thing you want is to make your outfit "evening appropriate" by piling on accessories in the back of a cab. We round up the must-have accessories that will dress you up in one simple, stylish step.

EMILY LAURENCE
Metro World News

5 Mid-summer must-haves

Bun beautifier

A 5-minute wait for the subway can turn your perfectly styled hair into a frizz-fest. Get it off your neck while actually making your hair look good by pulling it up and a bun and securing it with a floral top knot holder. You'll look bohemian-cool in 2-minutes flat.

Top Knot Holder, $12
URBANOUTFITTERS.COM

Irresistible earrings

Jewelry that's a mix of punk and glam makes enough of a statement where you only need one piece. These earrings by Uribe are a little pricey, but we guarantee you'll get loads of compliments and since they're so simple, you'll wear them again and again.

Uribe Gold Earrings, $185.64
MY-WARDROBE.COM

Birkenstock Arizona Sandals, $120
SHOPBOP.COM

Bohemian Birks

You don't have to be into normcore to pull off Birkenstock – seriously! Pair these with a maxi or sundress and you'll be both comfortable and cute.

Stop-traffic sunnies

Stand out in the Ray-Ban wearing mass with these funky frames. This is the stuff street style photos are made of.

Quay Penelope Sunglasses, $47.
ASOS.COM

Sensational scrunchies

This is another life-saving hair accessory. To avoid looking like Kimmy off of Full House, opt for a bun instead of a ponytail. The colour and shimmer will make it the standout piece of your whole look.

Sequin Hair Scrunchie, $12
TOPSHOP.COM

Canadian street style

Spotted in: San Juan del Sur, NI

Name: Jessica

Age:21

Occupation: Bartender

What she's wearing:

Hunter boots, H&M shorts, Brandy Mellville shirt, Forever21 army jacket, Longchamp purse.

Her inspiration:

"Both Alexander Wang & Alexander McQueen inspire me. I like being comfortable; I'd say my style is a little grungy."

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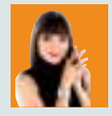

JEANNE SPACE
Jeanne Beker
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TWITTER ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

@jeanne_beker: Beauties on parade @ShangriLATO #oasisatshangrila @VitaminASwim

Cookbook of the Week

Meet nature's coolest superfood

Coconut is rich in healthy fats, high in fibre and low in carbohydrates. It grabs the spotlight in Sasha Seymour's Coconut Every Day. The book shows readers how to incorporate the superfood into 100 of their favourite everyday recipes. It features coconut in all its forms — water, milk, oil, gluten-free flour, sugar and more — in everything from salads and soups to main dishes and desserts. Among included recipes are Cauliflower Soup, Curried Chicken Salad, Shepherd's Pie, Coconut Cream Pie and more. METRO

Go ahead, lick your fingers

Sticky Coconut-Glazed Chicken Wings. These tasty bites perfectly balance sweet and heat.

"Who doesn't love a slightly sticky, sweet and spicy chicken wing?" asks Sasha Seymour in her book Coconut Every Day: Cooking with Nature's Miracle Superfood,

"A few of these served with some plain brown rice and kimchi coleslaw make a great meal, and you can substitute drumsticks and thighs if you prefer them over chicken wings for dinner."

1. Make the Marinade: In a large bowl, stir together coconut water and soy sauce. Add chicken wings, stirring to coat. Cover and refrigerate for at least 1 hour or up to 4 hours.

2. Make the Glaze: In a small bowl, combine tamari sauce, coconut sugar, coconut vinegar, and cayenne. Stir until well mixed.

Ingredients

- 1 1/2 lb (675 g) chicken wings

For the marinade

1 1/2 cups (375 ml) unsweetened coconut water
1/4 cup (60 ml) soy sauce (gluten-free, if required)

For the glaze

1/4 cup (60 ml) tamari soy sauce (gluten-free, if required)
2 tbsp (30 ml) coconut sugar
1 tsp (5 ml) coconut vinegar
1/2 tsp (2 ml) cayenne pepper

3. Preheat oven to 400 F (200 C) (or preheat grill to medium-low and lightly oil grill).

4. Remove wings from marinade and roast on a parchment-lined baking sheet (or grill), flipping and basting wings with glaze about 4 times, until wings are cooked, 35 to 40 minutes. Let rest for about 10 minutes before serving.

FROM COCONUT EVERY DAY: COOKING WITH NATURE'S MIRACLE SUPERFOOD. COPYRIGHT SASHA SEYMOUR, 2014. REPRINTED BY PERMISSION OF PENGUIN CANADA BOOKS INC.

This recipe serves two as a main course or four as an appetizer. KATHLEEN FINLAY

Makeshift dining in tight quarters

Turn on a dine. Stylish options for a tiny condo

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

A reader asks: I am moving into a tiny condo and need occasional dining space that will seat 2-3 people. What are my options?

I suggest creating a multi-purpose area instead of dedicating space to a dining room that will rarely be used.

This will allow your dining space to do double or triple duty as a home office, an attractive display console or a storage area.

With a desk or console sitting against the wall, you can forgo hanging a light fixture and free up the centre of the room by not having to float a table in the middle of the space.

Instead of focusing on the centre of a dedicated dining space with a chandelier and rug, concentrate on the vertical wall of the dining area. A large mirror hanging over a desk or console table topped with potted orchids, and a decorative storage bench underneath creates an attractive vista to look at on a daily basis.

Here are a few other ideas for maximizing a dining experience within your tiny condo:

Slim pickins

Consider purchasing a slim desk or console to be used for occasional dining with guests.

- When pulled out, it should be able to accommodate two to four people easily.

Chairs

Consider using small-scale occasional chairs from your living room area as go-to dining chairs when needed.

There are also a lot of stackable dining chairs that can be stored in a closet until needed.

Purchase a few attractive outdoor chairs (often stackable) and bring them in from a balcony when needed.

A vintage-style desk can double as a charming place for entertaining. Garment Factory Desk, $1300, RestorationHardware.com. RESTORATIONHARDWARE.COM

Antiques

Like the look of antiques? There are many older furniture styles such as partner's desks, tilt-top tables and drop-leaf tables that can add old world charm yet survive in a small space. Blending antique looks within a modern apartment can make them look quite special.

Alternative options

Tray-style and tall end tables are an easy way to offer each guest their dining space while sitting in the dining or living spaces of your condo.

A library-inspired console can display books, plants and a laptop by day and seat dinner guests at night. Stanton Work Station, $600, bombay.ca. BOMBAY.CA

A saw-horse base in metal adds an industrial-chic look to a desk/dining table. Eiffel Desk, $800, urbanbarn.com. URBANBARN.COM

A tall side table offers up individual dining perches in the living room. VITTSJO stand table, $25, ikea.com. IKEA.COM

CFL

Riders sign former top Canadian

The Saskatchewan Roughriders signed running back Jerome Messam on Wednesday and added defensive back Ciante Evans to their practice roster.

The six-foot-three, 245-pound Messam is a four-year CFL veteran. The 29-year-old Toronto native had 565 rushing yards on 121 carries last season with the Montreal Alouettes.

Messam had an all-star season with the Edmonton Eskimos in 2011. He rushed for 1,057 yards and was named the CFL's Most Outstanding Canadian. He has also played for the B.C. Lions.

Evans, 21, joined the Riders after spending four seasons with the University of Nebraska Cornhuskers. THE CANADIAN PRESS

NHL

Crosby to undergo surgery on wrist

Pittsburgh Penguins captain Sidney Crosby is reportedly scheduled to have arthroscopic surgery on his right wrist within the next few days.

Citing an unnamed source, the Pittsburgh Post-Gazette reported the surgery is to repair damage that impeded his performance in the post-season.

The 2014 Hart Trophy winner is not expected to miss any time next season, according to the report.

The newspaper added that Crosby decided to have the operation only after therapy failed to correct the problem.

THE CANADIAN PRESS

Argentina crushes Oranje's title hopes

World Cup final set.
La Albiceleste to take on Germany after winning semifinal match on penalty kicks

Lionel Messi of Argentina celebrates defeating the Netherlands on Wednesday in Sao Paulo, Brazil. CLIVE ROSE/GETTY IMAGES

The World Cup's second semifinal was supposed to put the silky skills of Lionel Messi and Arjen Robben in the spotlight. Instead, a goalkeeper and two rock-solid defences stole the show.

Argentina goalie Sergio Romero saved two penalties Wednesday to send Argentina into the World Cup final with a 4-2 shootout win over the Netherlands after tough defending and a lack of creative spark from either team consigned the match to a 0-0 stalemate.

In a twist of fate, Romero credited Netherlands coach Louis van Gaal with helping launch his career when he arrived as an inexperienced youngster at AZ Alkmaar in the Dutch league.

"I will be forever grateful to the coach for helping me out in a country that is so different from ours," Romero said.

A day after Germany lit up the World Cup with its clinical 7-1 destruction of host Brazil, the Dutch and Argentines could not manage a goal between them in 120 minutes before the shootout.

Messi, widely regarded as one of the greatest players of all time, will have to play far better in Sunday's final at Rio de Janeiro's Maracana Stadium if he is to engineer a win over the powerful German team. The Barcelona star was muted throughout the match and extra time, rarely managing to shake off his markers.

Semifinal

Argentina	Netherlands
0 (4)	0 (2)

At the Itaquerao Stadium, he was overshadowed by his goalkeeper and the man he replaced as Argentina captain, Javier Mascherano, who bossed the midfield for his team the way surprise starter Nigel de Jong did for the Dutch.

When Robben looked like deciding the match in stoppage time, Mascherano's perfectly timed sliding tackle blocked his shot at the near post.

Romero — thought to be a weak link for Argentina and not even a starter for his Monaco club most of last season — had almost nothing to do during the match, but blocked penalties by Ron Vlaar and Wesley Sneijder in the shootout. For Argentina, Messi, Ezequiel Garay, Sergio Aguero and Maxi Rodriguez all converted their spot kicks.

THE ASSOCIATED PRESS

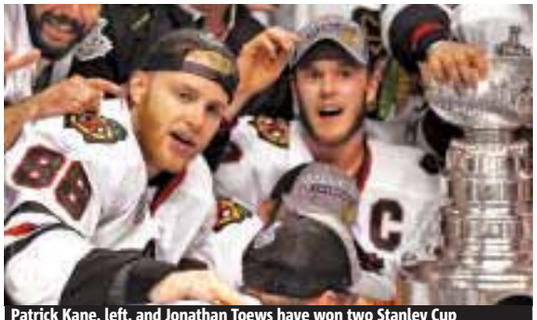
AUGMENTED REALITY

→ Scan the image with the Metro News app to view more images of Wednesday's semifinal.

→ See the full instructions on Metro's Voices page.

metro AR

Blackhawks lock up Kane and Toews



Patrick Kane, left, and Jonathan Toews have won two Stanley Cup championships together in Chicago. GETTY IMAGES FILE

This was a no-brainer from start to finish. Jonathan Toews and Patrick Kane wanted to stay in Chicago and the Blackhawks wanted to keep the high-scoring forwards in the only NHL uniform they have ever known.

All that was left was crunching the numbers on two of the biggest contracts in franchise history.

The Blackhawks announced Wednesday they had reached eight-year extensions with two of their top performers in a long run of success that includes Stanley Cup titles in 2010 and 2013. Toews and Kane led Chicago back to the Western Conference final this year, where it lost to the eventual champion Los Angeles Kings.

Massive deals

$84M

Both contracts are worth $84 million for an average annual value of $10.5 million, according to a person familiar with the deals.

General manager Stan Bowman said all along that the extensions were his biggest off-season priority, and it didn't take very long to reach the agreements with Pat Brisson, who represents both players. Toews and Kane each have one year left on their five-year extensions from December 2009, and July 1 was the first day they could sign new deals.

"There's nothing we want more as players than to continue to win Stanley Cups for the best hockey fans on the planet," Toews said in a statement released by the team.

THE ASSOCIATED PRESS

4 SPORTS

Angels take series with tight, 8-7 win over the Blue Jays

Rubber match. Pujols hits two-run homer in the seventh to lead Los Angeles' victory

Albert Pujols hit a go-ahead, two-run homer in the seventh inning and Kole Calhoun also connected, leading the Los Angeles Angels to an 8-7 victory over the Toronto Blue Jays on Wednesday in the rubber match of the three-game series.

The Blue Jays took a 7-6 lead in the sixth on Dioner Navarro's two-out RBI single against Fernando Salas, making his second appearance off the disabled list after missing 19 games because of inflammation in his shoulder.

The Angels' Albert Pujols
JAE C. HONG/THE ASSOCIATED PRESS

But Pujols responded with a drive that hit the top of the centre-field fence beyond the outstretched glove of Colby Rasmus and bounced over for his 20th homer of the season and 512th of his career, tying Ernie Banks and Eddie Mathews for 21st place all-time.

It scored Mike Trout, who reached on a fielder's choice grounder after Calhoun drew a leadoff walk from Aaron Loup (2-2).

Jason Grilli (1-1) pitched a scoreless inning for his first AL victory since 2009 with the Texas Rangers, striking out cleanup hitter Jose Bautista with two men on to end the seventh. The 12-year veteran right-hander was acquired on June 27 in a trade that sent Ernesto Frieri to the Pittsburgh Pirates.

THE ASSOCIATED PRESS

Who needs Cabrera?

On Miguel Cabrera's day off, Max Scherzer pitched seven impressive innings, outduelling Zack Greinke and helping the shorthanded Detroit Tigers beat the Los Angeles Dodgers 4-1 on Wednesday at Comerica Park in Detroit. DUANE BURLESON/GETTY IMAGES

NBA

Cavaliers make room to bid for LeBron James

The Cavaliers made moves to clear a path for LeBron James to return.

The team created salary-cap space on Thursday with a three-way trade, ensuring they have enough to offer the superstar free agent a maximum contract.

A person familiar with the deals says the Cavs have agreed to trade guard Jarrett Jack, swingman Sergey Karasev and centre Tyler Zeller in a three-team deal. The moves are designed to open room under the salary cap so they can land James, the four-time league MVP and most sought-after player on the market.

The Cavs have agreements with Brooklyn and Boston, the person told The Associated Press on Wednesday. The person spoke on condition of anonymity because teams are not permitted to discuss trades until the league's moratorium ends Thursday.

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Steer clear of others' feuds today because if you get involved, you will regret it over the weekend. There are rights and wrongs on both sides.

♉ Taurus
April 21 - May 21
You like things to be in their proper place but some people enjoy making a mess to annoy you. You know who they are. Stay out of their way today.

♊ Gemini
May 22 - June 21
Try not to come across as too assertive or aggressive. A lot over the next few days will depend on your ability to meet others halfway, especially in areas where money at stake.

♋ Cancer
June 22 - July 23
Some things happen whether we like it or not and the approaching full moon is sure to highlight that. Things could, of course, be worse, so smile.

♌ Leo
July 24 - Aug. 23
You love your freedom but you have responsibilities like everyone else and over the next few days you will have to do your duty. Social activities will have to take second place.

♍ Virgo
Aug. 24 - Sept. 23
There are times when you wonder if certain people are really on your side and it may tempt you to go it alone. But that is not a good idea. You are going to need allies.

♎ Libra
Sept. 24 - Oct. 23
Someone in a position of power likes you but if you take that as a sign that you can do as you please, you're sadly mistaken.

♏ Scorpio
Oct. 24 - Nov. 22
There is no point making a fuss today, not even if you can prove you have been hard done by. Sometimes we have to take what we're given and make the best of it. It's one of those times.

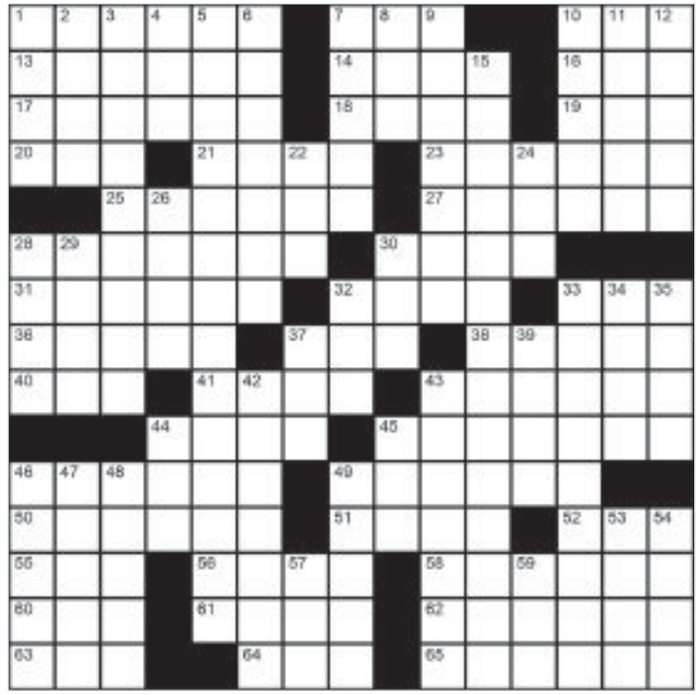
♐ Sagittarius
Nov. 23 - Dec. 21
This should be a lucky day but a lot will depend on common sense, especially where money is concerned. Put your interests first but be aware that your interests and others' are similar.

♑ Capricorn
Dec. 22 - Jan. 20
Although the approaching full moon is making you anxious everything will turn out right in the end. The so-called "bad" things that happen are challenges that help you grow.

♒ Aquarius
Jan. 21 - Feb. 19
Don't argue with people who clearly do not know what they are talking about. Over the next 24 hours, focus on your work, your family and your ambitions.

♓ Pisces
Feb. 20 - March 20
With the Sun and Jupiter moving through the most dynamic area of your chart there is precious little you can't do, but you'll do it better as part of a team.

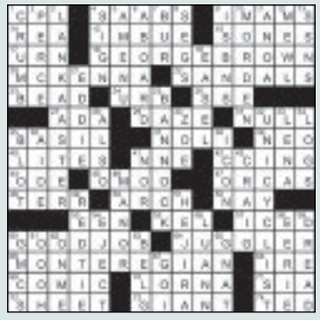
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Fare from Margaret Atwood and Mordecai Richler
7. Mr. Carrey
10. Undergarment, commonly
13. Make more money, get _ __
14. Some: 2 wds.
16. CD-__
17. "Stick to Your __" by Maestro Fresh Wes
18. Lettered-land 'til 1991
19. Classic range cooker company
20. Old English letter
21. Reclined
23. __ XM Canada Inc. (Satellite radio)
25. Feasible
27. Apple songs
28. Saliva
30. Blood carrier
31. "Let me check into that...": 2 wds.
32. Notify of risk
33. Boxing blow
36. Soup or __ (Restaurant option)
37. Mr. Aykroyd
38. Offenbach ballet, __ Parisienne
40. Sault __. Marie, ON
41. Emptiness
43. __ lava
44. Garish
45. Gives
46. Meteorite __ site
49. Tiny, cute-style
50. __ tunnel syndrome
51. Lion's share
52. Puny path
55. Iron __
56. Lightbulb locale
58. Doug and the Slugs hit: 2 wds.
60. Assembled
61. Armoured police team letters
62. Prevail
63. Bambi's aunt
64. Dodgy
65. 1980s President

Down
1. Give in
2. Desert's climate
3. Song by part-Canadian band The Lovin' Spoonful: "__ Cats"
4. Gladiator's 52
5. When all the music is stripped away from a track leaving only singing, that's known as what?: 2 wds.
6. Well-grounded, as a theory
7. Coldplay song ...en francais
8. Possibilities
9. Edmonton-born hockey great Mark
10. Cranium's content
11. Rapscallion
12. Collect
15. Prehistoric rock art site in Alberta, __-__-__ Provincial Park
22. Quebec: __ de Montreal
24. Campaign
26. "__ _ sign!"
28. k.d. lang and the __ Boom Bang
29. Dish of the day, __ du jour
30. Bran 3000 connector
32. Bundle of bills
33. Lively wartime dance style
34. To _ __ (Just right)
35. Mr. Mulroney's
37. Carried out
39. Jai's sporty friend
42. Felons
43. 2009 Lady Gaga album: 'The Fame __'
44. Swimmer's length
45. __ volente (God willing)
46. "_ __ in peace."
47. Edmonton-born singer/songwriter Ms. Ord
48. __-_-porter (Ready-to-wear)
49. Not full
53. Ms. Reid
54. Shangri-la
57. Seasickness, __ de mer
59. Harem room

Yesterday's Crossword



Online
See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		3	1			7		
5	6			8	7			
8			5				6	
9				6				1
		4				3		
1				9				2
	8				3			5
			7	1			3	9
		9			2	1		

Yesterday's Sudoku

8	5	3	2	4	7	9	1	6
2	1	4	6	9	8	5	3	7
7	9	6	3	1	5	8	4	2
5	2	1	4	3	6	7	9	8
6	4	7	8	5	9	1	2	3
9	3	8	1	7	2	4	6	5
1	6	2	5	8	4	3	7	9
4	8	9	7	6	3	2	5	1
3	7	5	9	2	1	6	8	4

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